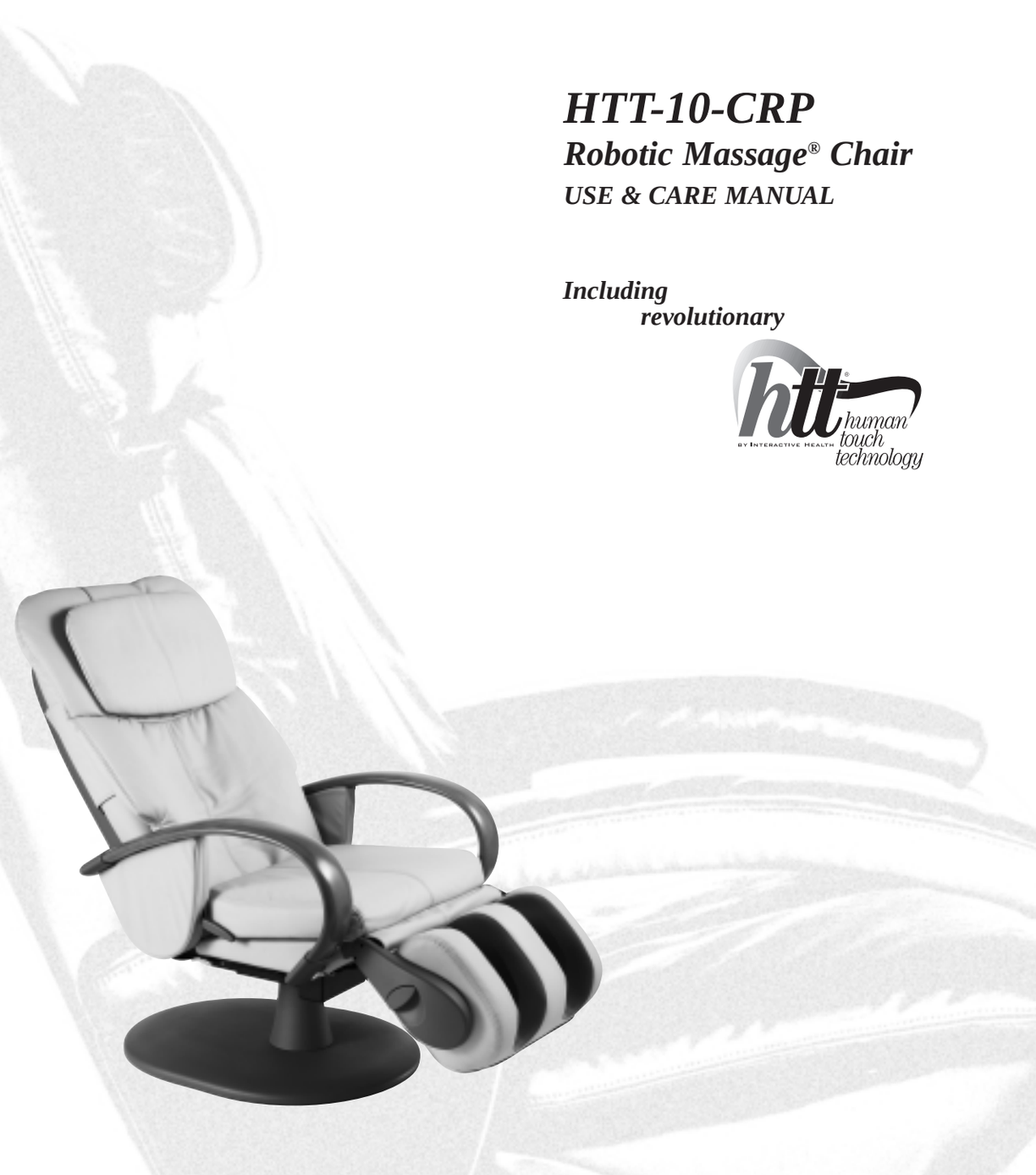
INTERACTIVE HEALTH

HTT-10-CRP

Robotic Massage® Chair

USE & CARE MANUAL

Including revolutionary



INTERACTIVE HEALTH

www.interhealth.com

INTERACTIVE HEALTH

Thank you for choosing the HTT-10-CRP robotic massage® chair from Interactive Health.
We are confident you will find this product to be among the best available.

Interactive Health®
Partners in Your Well-Being

For over two decades, Interactive Health has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. With today's fast-paced lifestyles, balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Interactive Health® Massage Systems are vital components for achieving balance between physical and mental well-being.

To learn more about our company and our products, we invite you to visit us on the Internet at: **www.interhealth.com.**

NEW Human Touch Technology®

Your new massage chair includes the revolutionary HTT.

htt human touch technology BY INTERACTIVE HEALTH

HTT is a true step forward in Robotic Massage® technology. The result of years of research and development, this revolutionary system emulates the latest techniques used by massage and chiropractic professionals for back and spinal care.

HOW DOES IT WORK? It starts with a multi-patent pending mechanism that acts like "wrists and arms". The "hands" consist of two, three-dimensional moving discs, which are surrounded by a firm, yet comfortable material that feels like "fingers and thumbs". Working together, these robotic components deliver a variety of massage functions that feel great, and really work.
HTT, RECOMMENDED BY PROFESSIONALS, DESIGNED FOR YOU.

"HTT" is the preferred technology of the ACCO.
www.accoweb.org

AMERICAN COLLEGE OF CHIROPRACTIC ORTHOPEDISTS

HTT-10-CRP

USE & CARE MANUAL

PLEASE READ: To achieve the maximum results from your HTT-10-CRP, carefully read this manual. For additional questions, please call our Customer Service Representatives at (800) 742-5493.

CAUTION: Only for household use. Please read and observe these safety instructions carefully to reduce the possibility of fire or injury.

- Those with the following conditions should consult their physician prior to using this massage chair.

a) Malignant tumor
b) Heart Disease
c) Pregnancy
d) Conditions requiring rest
e) Back Disease or back trouble from an injury or accident

- Do not use your massage chair in an excessively humid or dusty environment.
- Your massage chair should be operated at a room temperature of between 40° and 100° F.
- Make sure all operation switches are in the OFF position before connecting the power cord to an electrical outlet.
- Do not use attachments which are not recommended by the manufacture.
- Turn the power switch on the back of the chair to the OFF position when not in use.
- If you detect a malfunction or any other abnormal condition in the operation of your chair, turn off the power immediately and disconnect the power cord from the outlet.
- If you feel severe discomfort during the operation of your massage chair, stop using the chair and consult your physician.
- Should you have a power failure, turn the power switch to the OFF position.
- You should not use the chair for more than 15 minutes at one time.
- If the chair has gotten wet or exposed to moisture, turn the chair off, unplug it from the wall socket and call Interactive Health® customer service.
- Keep your massage chair clean and away from humidity.

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Important Safety Instructions

Read all instructions before using the HTT-10-CRP.

WARNING: Do not put hands or fingers near the massage mechanism or rollers while the HTT-10-CRP is running. Touching the mechanism can result in injury from the rollers squeezing together.

DANGER: To reduce the risk of electrical shock

Always unplug massager from the electrical outlet immediately after using and before cleaning.

Do not reach for an appliance that has fallen into water. Unplug immediately.

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons

An appliance should never be left unattended when plugged in.

Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Always keep the power cord away from heated surfaces.

Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

Never drop or insert any object into any opening.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Do not massage abdomen when pain is present or if you are pregnant.

Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions. Do not use on unexplained calf pain.

Do not use massager when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

Always connect massager to a properly grounded electrical outlet.

This unit is designed to operate on standard 120 Volt 60 Hz house current.

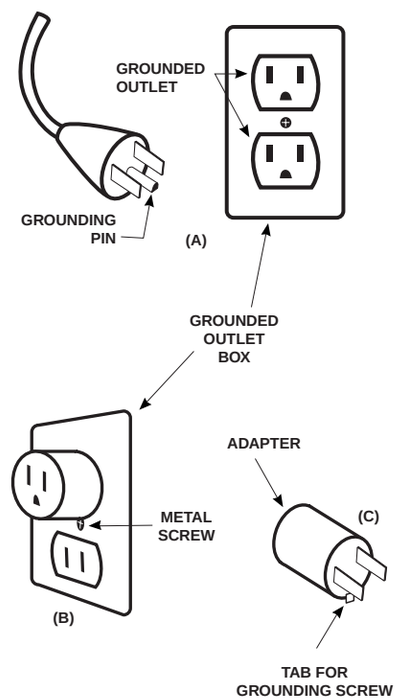
Do not use unit if noise above normal sound is heard.

The unit is designed for personal in-home use. Commercial use will void warranty.

SAVE THESE INSTRUCTIONS

For all grounded cord-connected products:

Grounding methods:



Grounding Instructions:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

WARNING: Improper connection of the equipment-grounding conductor can result in a risk of electronic shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a normal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch (A). A temporary adapter that looks like the adapter used in sketches (B) and (C) may be used to connect this plug to a 2-pole receptacle as shown in sketch (B), if a properly grounded plug is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored, rigid ear tab or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

WARNING: Your chair is equipped with a thermal resetting protection device. This is an added safety feature to protect you and your massage chair from overheating. If the chair should suddenly stop and will not start, turn the main power switch, located on the back of the chair, off and do not operate the chair for at least 30 minutes. Failure to turn the chair off may result in the chair starting unexpectedly when the device cools.

Important Assembly Instructions and Footrest Operations

Your HTT-10-CRP is basically ready to use right out of the box. Only a small amount of assembly is required and this can be easily completed in just a few minutes. Please follow the steps described to the right to assemble and begin using your chair.

fig. 1

1. Turn The Master Power Switch ON to activate the hand held controller.

fig. 2

2. Pull the handle on your right side of the chair while you are sitting in the chair to raise the footrest.

fig. 3

3. The footrest will rise to your desired angle while you pull the handle in fig 2.

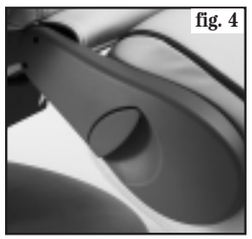


fig. 4

4. Pull the oval shaped footrest handle shown in fig 4. on your right side of the footrest to rotate the footrest. DO NOT ROTATE THE FOOTREST FULLY AROUND. STOP WHEN YOU HEAR THE CLICK.

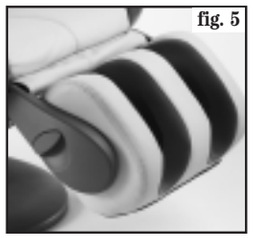


fig. 5

5. Rotate the footrest COUNTER CLOCKWISE, which is towards you until it clicks into position.

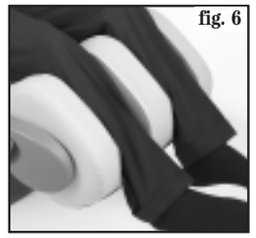


fig. 6

6. For a calf massage: Insert your legs into the calf massager (see page 10 - #16 & #17 for details on how to activate the calf massage with the hand held controller). CAUTION: REMOVE YOUR LEGS FROM THE CALF MASSAGER IF IT IS UNCOMFORTABLE.

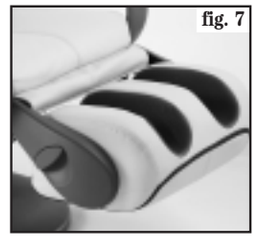


fig. 7

7. For a foot massage: Pull the footrest handle and rotate the footrest counter clockwise towards you until the footrest is moving freely.

fig. 8

8. Insert your feet in the calf massager while it is moving freely and not locked in place (see page 10 #16 & #17 for details on how to activate the calf massage with the hand held controller).

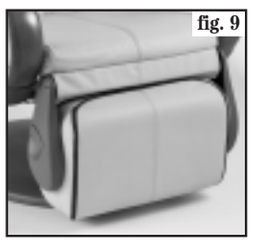


fig. 9

9. Pull the footrest handle and rotate the footrest CLOCKWISE, away from you until you hear a click and then use the back of your legs to lower the footrest back to the upright position.

ALWAYS LOWER THE FOOTREST BEFORE GETTING OUT OF THE CHAIR.

DO NOT STAND OR SIT ON THE FOOTREST.

CAUTION: REMOVE YOUR LEGS FROM THE CALF MASSAGER IF IT IS UNCOMFORTABLE.

DO NOT ROTATE THE FOOTREST FULLY AROUND. STOP WHEN YOU HEAR THE CLICK. A FULL TURN WILL BREAK THE FOOTREST.

Getting the most from your HTT-10-CRP

Your HTT-10-CRP massage chair is a quality piece of furniture, and can be utilized and cared for like the rest of the furniture in your home.

The HTT robotic massage® system inside your chair is a sophisticated electro-mechanical device that requires some special care and safety precautions.

Please follow these basic guidelines carefully. They are provided to ensure the maximum enjoyment of your chair.

Massage Softening Pad

This pad can be used to soften the intensity of the massage.

To Install:

1. Remove the pad.
2. On the backside of the back cover pad at the top there is a zipper. Unzip this and you will find a pocket in the back cover.
3. Insert the softening pad into this pocket and close the zipper.
4. Re-Install the back pad and use the chair as normal.

You will find the massage to be less intense when the softening pad is installed. You can adjust the intensity by adding or removing the softening pads. Addtional softening pads are available for an additional charge from Interactive Health.

Safety Precautions while using your Massage Chair

- Comfortable clothing is recommended while using your massage chair.
- Your massage chair was meant to be used in a relaxed position. While sitting in the chair, never force any body part into the backrest area while the rollers are moving.
- Do not allow children to use the massage chair.
- If you feel any abnormal discomfort during the operation of your massage chair, turn off the power immediately and do not use the chair. Consult your physician.
- Do not sit on the controller.
- Do not pull on the AC cord.
- Always confirm that there are no obstacles behind the chair and that there is sufficient space to recline.
- When using your massage chair after it has been in storage, check to see that the chair is operating properly prior to sitting in the chair.
- **Do not attempt to repair your massage chair yourself.** If a malfunction occurs, please contact Interactive Health at (800) 742-5493.

Basic Operating Instructions

Understanding your Controller

Your HTT-10-CRP is simple to operate using the handheld controller included with your chair. Before you use your chair, we recommend that you familiarize yourself with the remote control and the basic massage functions. To begin using your HTT-10-CRP massage chair:

- Plug in the power cord.
- Turn the ON/OFF switch located on the back of the HTT-10-CRP massage chair to the ON position.

① Power ON Indicator

② Adjust the length of the stroke based on your personal height (TALL or NORMAL). Press shoulder height to change from Tall to normal height.

③ Kneading: Initial push starts kneading in low (–) speed and spot position. Second push changes kneading to fast speed (=). Third push changes kneading to stop (○).

④ Spot: Push spot for a stationary massage in kneading or compression function. Push Adjust Down or Up to move the massage disc to the desired location.

⑤ Compression: Initial push starts compression in low speed (–) and spot position. Second push changes compression to fast speed (=). Third push changes to stop (○).

⑥ Partial: Press kneading or compression and then partial to have a partial stoke up/down 3"

⑦ Rolling: Initial push starts rolling up/down in medium speed (=). Second push changes rolling in the fastest speed (≡). Third push changes rolling to slowest speed (–).

⑧ Percussion: Initial push starts percussion in slowest speed (–) in spot position. Second push changes percussion to fastest speed (=). Third push changes percussion to stop (○).

⑨ Adjust Manual Down: Manually moves massage disc to desired location. This function is active for kneading and compression when partial stroke or spot/stationary mode is selected, and active for percusssion in spot/stationary mode.

⑩ Adjust Manual Up: Manually moves massage disc to desired location. This function is active for kneading and compression when partial stroke or spot/stationary mode is selected, and active for percusssion in spot/stationary mode.

⑪ Program mode " A" is a continuous 15 minute program consisting of main functions.

⑫ Program mode " B " is a continuous 15 minute program consisting of a series of combined fuctions.

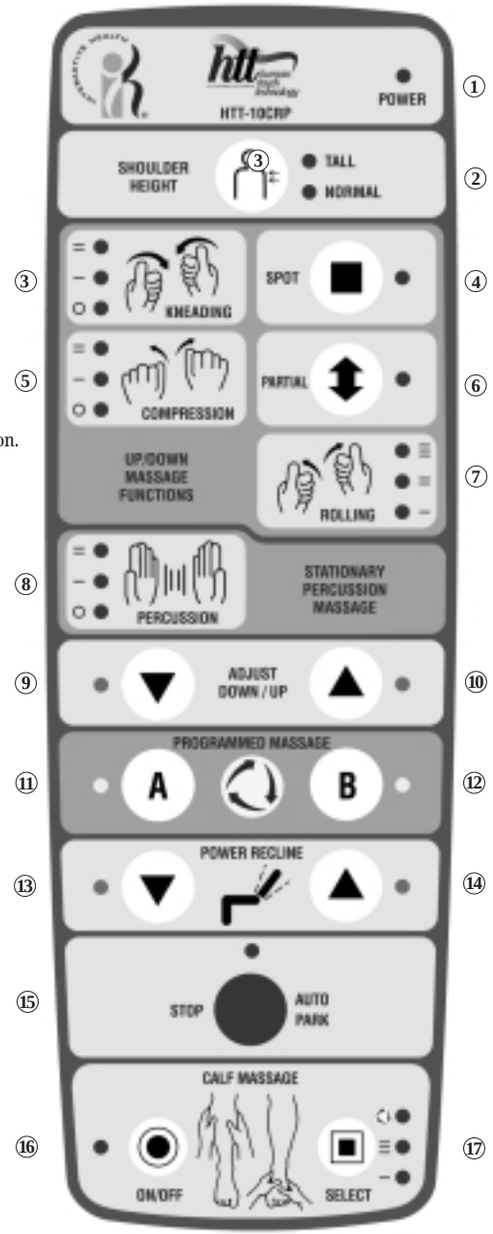
⑬ Auto recline Down: Moves the back rest down to a recline position.

⑭ Auto recline Up: Moves the back rest up to a upright position.

⑮ Stop/AutoPark: Stops all massage functions and parks the massage discs in its highest position.

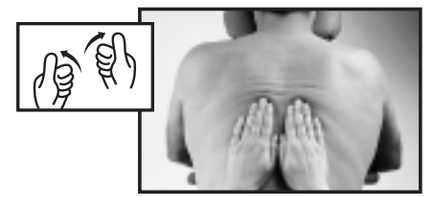
⑯ Calf Massage On/Off: Push On/Off and the calf massage will begin in the slowest speed. Push a second time to shut calf massage off.

⑰ Calf Massage Select: Intial push changes the calf massage speed from the slowest speed (–) to the fastest speed (≡). Third push changes the calf massage to a programmed speed.



Using your HTT-10-CRP

As with all Interactive Health robotic massage® chairs, you can customize the massage to your own needs. You can select the massage functions, pinpoint the massage anywhere on your back, or let the massage move up and down your spine automatically. And, you can choose the automatic program mode that will run a varied 3-4 minute or 7-8 minute massage session.



Rolling

Kneading

UP - DOWN MASSAGE MODES

Rolling

Description:
Oval-elliptical nodes slowly and gently move up and down your back, near the spine, gently alternating side to side.

Feels like:
The hands of a therapist pressing firmly yet gently on your muscles. First on one side of the spine, then on the other.

Massage technique:
Emulates effleurage, the first part of a massage performed by a professional massage therapist. It is designed to warm-up and loosen the muscles to relieve tension, and prepare the back for a deeper, therapeutic massage.

Benefits:
Relieves muscle tension; improves circulation and relaxes the back.

Kneading

Description:
Massage nodes moving in small, circular motion on both sides of spine simultaneously.

Feels like:
The thumbs or heels of the hand pressing firmly in a circular motion on both sides of the spine.

Massage technique:
Emulates the thumb kneading performed by a massage therapist or other professional. This second phase of massage is slightly more intense than the rolling and is considered to be a more deep muscle massage.

Benefits:
Relieves tension and soreness by lifting and stretching muscles; improves circulation and helps bring vital nutrients to spinal area.

Using your HTT-10-CRP cont.

Compression

Compression
(An exclusive feature of Interactive Health HTT product line)

Description:
Alternating strokes along the back that press on both spinal muscles and spinal joint areas.

Feels like:
Heels of hand firmly pushing on muscles along the side of the spine, and then inward toward the spine. Alternating "hands" also deliver a soothing rocking motion for the body.

Massage technique:
Emulates massage technique frequently used in sports medicine, and in spinal therapy by chiropractors. Motion spreads and places pressure on deep muscle tissue, forcing it to relax. The rocking motion also loosens spinal joints characteristic of spinal therapy.

Benefits:
Aids in muscle and joint repair due to strain from exercise, long hours spent bent over a desk, or high stress levels; can improve mobility and overall posture.

STATIONARY MASSAGE MODES

Kneading
The same feel and benefits as described in "Up-Down Kneading" that can be applied in a single area. Use the manual up & down keys to apply the massage in the desired area.

Compression
The same feel and benefits as described in "Up-Down Compression" that can be applied in a single area. Use the manual up & down keys to apply the massage in the desired area.

Percussion

Percussion

Description:
Alternating strokes along the spine that stimulate both spinal muscles and spinal joint areas.

Feels like:
Fists or length of hand rapidly tapping on back muscles.

Massage technique:
Emulates percussive massage, popular in sports medicine; deep muscle therapy.

Benefits:
Flexes spinal joints and relieves pressure on spinal column. Invigorates entire back area.

MANUAL UP - DOWN CONTROL

Manually moves the massage mechanism up or down the back. This feature is meant to be used with the stationary massage mode.

PROGRAMMED MASSAGE SESSION

This feature utilizes all of the features listed above in a pre-determined program.
Mode A: 3-4 minutes. Mode B: 7-8 minutes.
Just sit back, relax and enjoy your massage.

Stationary Kneading

Product Care & Storage

To keep your product working and looking its best, please follow these simple care guidelines.

General Maintenance

1. Be sure to disconnect the power cord from the electrical outlet before cleaning.
2. Do not use benzene, thinner or any other solvents on your massage chair.
3. Remove dust on the backrest or armrest with a vacuum.
4. If the backrest or armrest become soiled, wipe with a damp cloth, then a dry cloth.
5. Common vinyl cleaners may be used for tough stains.

   Please follow all manufacturer's instructions on cleaner packaging and pre-test any cleaner on a small inconspicuous area prior to use.
6. When cleaning the controller or around the power switch, use a dry cloth only. **Never use a damp cloth to clean the controller or power switch.**
7. It is suggested that you cover the chair when not in use for a long period of time.
8. The mechanics of this product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required.
9. Foreign objects should not be inserted between the massage nodes or the unit housing.
10. When not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.
11. Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

Limited Three (3) Year Warranty

Please read the following warranty information for important disclosures before using your new Human Touch Technology, massage chair.

It is Interactive Health's mission to design, develop, manufacture and sell innovative, high quality massage products that create a better and healthier way of life. We appreciate your commitment to our mission and our products and are pleased to let you know that the Interactive Health, HTT massage chair that you purchased comes with a limited three-year warranty. The warranty provides peace of mind that you are covered for mechanical or structural defects in workmanship within the coverage guidelines and limitations outlined below.

Coverage Guidelines:
The warranty begins on the original purchase date and consists of:

- Factory Service (Labor): Interactive Health will supply packing materials, cover return shipping to Interactive Health, repair parts covered by this warranty and labor for repair work and return shipping to purchaser when repairs are completed.
- Parts Only (Parts): Interactive Health will supply repair parts that are covered by this warranty and return shipping to purchaser for repairs performed at the factory.
- Structural (Metal Frame): Interactive Health will supply packing materials and repair parts covered by this warranty and return shipping to purchaser for repairs performed at the factory.

HTT® Chair (HTT Models)	Factory Service	Parts	Structural
New Products (Original Packaging Only)	90 days	1 year	3 years
Refurbished Products	60 days	6 months	6 months
Floor Demos (including "out of box")	NONE	6 months	6 months

In the unlikely event that your chair malfunctions or requires repair, please contact Interactive Health Customer Service at (800) 742-5493 or **cs@interhealth.com** between the hours of 9:00AM and 5:00PM PST for assistance.

All warranty service requires approval and authorization by Interactive Health. Products require a Return Merchandise Authorization Number (RMA) for any returns to the factory. For returns, the consumer is responsible for packing the product in the original box or in approved packaging that is available for sale from Interactive Health. Shipping and freight coverage under this warranty requires scheduling by Interactive Health and only includes "curb-side" pickup/delivery. Products received without a valid RMA number or one clearly marked on the box will be refused.

General Limitations:

- The warranty is only valid within the United States and Canada provided the product has been operated according to the instructions accompanying it and has not been misused or damaged in any way that is beyond the control of Interactive Health.
- All service covered by this warranty must be approved by Interactive Health and repairs performed by authorized technicians.
- The warranty applies only to the massage chair; accessories or enhancements are not covered.
- Important exclusions apply to cosmetic items such as fabrics, woods, foams, padding, plastics covers, etc.
- Interactive Health is not responsible in any way for losses, damages, or inconvenience caused by equipment failure.
- For a complete listing of warranty coverage, exclusions, and limitations, visit **www.interhealth.com**.
- Warranties do not apply to rental, business, commercial, institutional, or other non-residential users.
- Separate warranty terms apply to used/refurbished products including those received out-of-box. Proof of purchase (original receipt) is required for all warranty repairs.

EXTENDED WARRANTIES:

Interactive Health offers extended warranty programs of up to FIVE YEARS to enhance ownership of the Interactive Health HTT® chair! Extended warranty purchases are available within 90 days of purchase of HTT® Chairs from either the retailer or direct from Interactive Health's Customer Service Department.

Please visit **www.interhealth.com** for the latest terms and pricing for extended warranties.

*Specifications**

Operating Voltage:	120 V
Power Consumption:	90 Watts
Size: Chair (reclined)	28"W x 52"L x 33"H
Weight: Chair	126 Lbs
Recline Angle:	120 - 155 Degrees
Rotation (Swivel) Angle:	Swivel 60 Degrees (left to right)
Number of Massage Functions:	Four (4)
Programmed Function:	4 Steps (Repeating)
Massage Head Storage:	Auto at Top
Automatic Timer Shut-Off:	15 minutes
Total Massage Stroke Length:	17.0/20.0 Inches
Full Length Travel:	43 seconds (25 - 35 - 45 In/Min)
Rolling:	42/60 In/Minute
Kneading:	112/148 Impacts/Minute
Compression:	106/160 Impacts/Minute
Percussion:	150/170 Impacts/Minute
Up/Down:	25 - 35 - 45 In/Minute
Cover Fabric Material:	Leather and Leather match
Accessories:	Massage Softening Pad

*Specifications are subject to change without prior notice.

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